

**Town of Tonawanda Titans Swim Club**  
**hosts**  
**The 2010 End of Summer**  
**Short Course Yards Swim For Time**

August 13<sup>th</sup> & 14<sup>th</sup>, 2010

Held under USA sanction # NI0910-103S

Mixed Open Format

**Location:** Town of Tonawanda Aquatic & Fitness Center  
Next to Sheridan Plaza on Sheridan Dr. between Delaware Rd. & Colvin Blvd.  
Enter on Pool Plaza from Delaware Rd. From I 90 take I 290 to Delaware South Exit.

**Facilities:** Meet will be conducted in an 8-lane 25-yard pool with Paddock continuous flow through lane lines and Paddock gutter system, Colorado Timing System, electronic scoreboard with 8 lane readout and computer scoring (HYTEK Meet Manager Pro). Separate warm-up/Cool down facility will be available. The competition course has been certified in accordance with 104.2.2c (4). The copy of such certification is on file with USA Swimming.

**Parking:** Parking lot adjacent to the building. Parking is **NOT PERMITTED** in the Sheridan Plaza "ABOVE" lots in near ALDI's, Sears, Firestone and First Niagara Bank. OFFENDERS WILL BE TOWED.

**Sessions:** **Day 1 Friday August 13th** Warm up Begins at **4:30pm** Meet Start **5:30pm**  
**Day 2- Saturday August 14th** Warm-up begins at **8:00 am** Meet Start: **9:00 am**

<b>Meet Personnel</b>	<b>Meet Director</b>	<b>Meet Marshall</b>	<b>Meet Entries</b>	<b>Meet Referee</b>
	Tim Bennett 491 Deerfield Dr. North Tonawanda, NY 14120 716-863-6933	Debbie Gielowski	Scott Vanderzell 927 Stony Point Grand Island, NY 14072 (716) 208-5372 sdv2@roadrunner.com	Mike Pucser

**Officials:** Anyone interested in officiating at this meet is welcome.  
Please contact: **Pat Scherer @ patsev@aol.com** or at 716-523-9706

**Timers:** Timers will be supplied by the clubs in attendance at the meet and will be posted as soon as entries close.

**FORMAT:** Pre-seeded, Mixed-Events, Short Course-Yards .  
**POSITIVE CHECK-IN required for the 400 IM and the 500 & 1000 Freestyle, at the end of warm up**  
**Only 500 & 1000** Freestyle will be swum fastest to slowest.  
Fly over starts will be in effect  
The meet director reserves the right to limit the # of heats for the 400 IM and 500 & 1000 Freestyle.

**Entry Fees:**

1. Deck Fee	\$5.00/Swimmer
2. Individual Events	\$3.50

Make checks payable to **Town of Tonawanda Titans Swim Club**  
**Club Checks Only Please! (No personal checks for entries – unless Unattached)**

**SEND TO:** Scott Vanderzell  
927 Stony Point  
Grand Island, NY 14072  
(716) 208-5372 sdv2@roadrunner.com

**Entries:** The entries will be limited to keep the meet manageable all interested clubs should register early!

1. All times must be submitted in short course times. This is a Timed Final Meet
2. **No swimmer may enter more than no more than 10 individual Total** (swimmers are limited to a maximum of 5 individual events per day (102.2.3 in the USA-S Rules and Regulations).
3. Age on the first day of the meet determines the swimmer's age for the remainder of the meet.
4. No entry will be accepted without a current **U.S.A. or CSA Swimming number**.
5. No **phone entries**.
6. The signed Agreement & Release and Summary form must accompany all entries.
7. Meet Director reserves the right to return entries to control the size of the meet.
8. Breaks will be taken as required by Meet Personnel
9. To keep meet size manageable, entries will be limited to keep sessions under 3 hours.

**Deadline:** Entries will not be accepted until July 18<sup>th</sup> and must be RECEIVED no later than 6:00 PM, August 4<sup>th</sup>, 2010.  
Waiver forms & fees must be RECEIVED no later than 6:00 PM, August 6, 2010.

**Computer Program:** **HYTEK Meet Manager Pro. Entries by Commlink greatly appreciated.**

**Awards:** **No awards will be given.**

**Programs:** Programs for the meet will be on sale

**Concessions:** Food & refreshments available throughout the meet on the patio in the food tent.

**CONDUCT:** Coaches & parents are responsible for the conduct of their swimmers. Swimmers found in restricted areas or causing damage to the facility will be barred from the meet at the discretion of the meet director. **Expenses for damages will be billed to the club/s of the swimmer/s responsible.**

**DECK ID:** Only Swimmers, Coaches, Officials, and Meet Personnel allowed on deck.  
**Coaches & Officials must wear their U.S.A. Swimming ID. No Exceptions!!**

**MEETINGS:**

**COACHES:** As required.

**OFFICIALS:** Friday at 5:00 PM Saturday at 8:15 AM.

## Order of Events TTSC Meet 2010

**8/13/2009**

**Friday**

**Warm-ups 4:30 P.M.**

**Start 5:30 P.M**

- 1 Mixed 50 Breaststroke
- 2 Mixed 200 Freestyle
- 3 Mixed 100 Backstroke
- 4 Mixed 200 Butterfly
- 5 Mixed 100 Breaststroke
- 6 Mixed 200 IM
- 7 Mixed 50 Butterfly
- 8 Mixed 500 free

**8/14/2010**

**Saturday**

**Warm-up 8:00 A.M.**

**Start 9:00 A.M.**

- 9 Mixed 50 free
- 10 Mixed 400 IM
- 11 Mixed 200 Backstroke
- 12 Mixed 100 Free
- 13 Mixed 200 Breaststroke
- 14 Mixed 100 Fly
- 15 Mixed 50 Backstroke
- 16 Mixed 1000 Free

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**The 2010 End of Summer Short Course Yards Swim For Time**

August 13<sup>th</sup> & 14<sup>th</sup>, 2010

**Sanction #** NI0910-103S

**ENTRY WAIVER**

We, the undersigned, hold harmless U.S.A. Swimming, Inc., Niagara Swimming, Inc., the Town of Tonawanda, and the Town of Tonawanda Titans Swim Club, Inc. and any of their agents for any expense or injury incurred as a result of participation in this meet. We recognize that we are swimming at our own risk.

Signature of Coach or Club Official \_\_\_\_\_

**ENTRY RECAPITULATION**

TEAM \_\_\_\_\_ TEAM CODE \_\_\_\_\_

COACH \_\_\_\_\_ TEL. NO. \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

CONTACT PERSON \_\_\_\_\_ TEL NO \_\_\_\_\_

Women Individual Entries	_____ x \$3.50	= \$ _____
Number of Women Swimmers	_____ x \$5.00	= \$ _____
Men Individual Entries	_____ x \$3.50	= \$ _____
Number of Men Swimmers	_____ x \$5.00	= \$ _____
<b>TOTAL AMOUNT ENCLOSED</b>		\$ _____

Make checks payable to:

**Town of Tonawanda Titans Swim Club**  
**Club Checks Only Please! (No personal checks for entries – unless Unattached)**

\*\*\*\*\* THIS FORM MUST BE RETURNED WITH ENTRY FORMS \*\*\*\*\*  
TO BE CONSIDERED A COMPLETE ENTRY.

Entries will not be accepted until July 18<sup>th</sup> and must be RECEIVED no later than **6:00 PM, August 4<sup>th</sup>, 2010.**

Waiver forms & fees must be RECEIVED no later than 6:00 PM, August 6, 2010.

MAIL, POSTAL EXPRESS OR FED EXPRESS TO:

Scott Vanderzell  
927 Stony Point  
Grand Island, NY 14072  
(716) 208-5372  
sdv2@roadrunner.com

# Niagara Swimming Inc.

## Warm-up Procedures for all Sanctioned Meets in 8 Lane Pools

### I. Pre-Meet warm-up period

- A. Control/Supervise - Key words for safe warm-ups.
- B. Marshals should be actively supervising the warm-ups to ensure that proper procedures are followed.

### II. General warm-up period

- A. The first 30-45 minutes are for general warm-ups in all lanes.
- B. There shall be **NO DIVING** off the blocks or the edge of the pool at this time.
- C. Outside Lanes - Kicking only.
- D. Inside Lanes - Swimming and pulling only ; no paddles.
- E. No sprinting or pace work.

### III. Specific warm-up period

- A. Last 30-45 minutes of pre-meet warm-up period.
- B. In an eight lane pool, each lane shall be scheduled as follows:
  - a. Lanes 1 & 8 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
  - b. Lanes 2 & 7 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
  - c. Lanes 3,4,5, & 6 general warm-up only ( as above ) **NO DIVING**.

## Important Points For Specific Warm - Up Period

1. No diving in lanes other than those designated for racing dives. The blocks should be marked to remind swimmers that they should not dive.
2. Start all swimmers in all lanes at the starting end of the pool.
3. Coaches should stand at the starting end of the pool when verbally starting swimmers on sprint or pace work.
4. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestylers or butterfly swimmers.
5. Backstrokes should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on the starting block until the backstroke has executed his/her start.
6. The announcer should announce lane changes and/or warm-up changes as per general and specific. The announcer can serve as the reminder of procedures.
7. Coaches should maintain as much contact with their swimmers as possible - verbal and visual - throughout the warm-up period.
8. The Coaches should understand that responsibility for supervision of their swimmers is the same at meets as when on deck at practice.
9. Marshals have the authority through the Meet Director over the warm-up. A swimmer and/or Coach may be removed from the deck for interfering with the Marshals.
10. When the number of participants for a meet session cannot be safely accommodated during the same warm-up period, warm up sessions should be split to provide a safe and adequate warm-up time for all.
11. The meet Referee shall have responsibility to establish and enforce rules for safe conduct within the competitive pool during the duration of the swimming competition.
12. The meet Safety Committee shall have responsibility for safety rules in all other areas during competition and shall assist the meet Referee in the competition pool if necessary.
13. The meet Safety Committee shall have any person deliberately violating safety rules removed from the meet facility.
14. There shall be at least one Marshal at each end of the pool to ensure the warm-up procedures will be followed.
15. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
16. Discretion and common sense must be used when establishing procedures. The above procedures may modified by the meet Referee according to the needs of the meet